

The South Etobicoke News

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Local firm making COVID tests to save lives

Very few community residents have heard of a cutting-edge scientific firm called International Point of Care (IPOC), which is making an exceptional name for itself in COVID testing.

IPOC is a medical device research and manufacturing company based at a 36,000 square foot complex at 135 The West Mall. The private Canadian company was founded in 2008. IPOC gained recognition for its rapid point-of-care-testing used to detect COVID-19, heart attacks and a host of ailments. IPOC on April 25 was presented with \$1.6 million by the province to assist in IPOC's \$3.3 million expansion program, which



INTERNATIONAL POINT OF CARE (IPOC) officials (right) show their West Mall facility which makes COVID tests for the world (left) as MPP Christine Hogarth (centre) gets a COVID test. Staff photos.

includes hiring 25 employees to develop, manufacture and supply the medical devices to cope with a huge demand. Company officials proudly showed their state-of-the-art complex where the COVID tests and emergency

similar technologies from some of our other products that we are now using with COVID products." Vice-president George Baxevanakis said "funds from the government will be used for hiring staff and expanding."

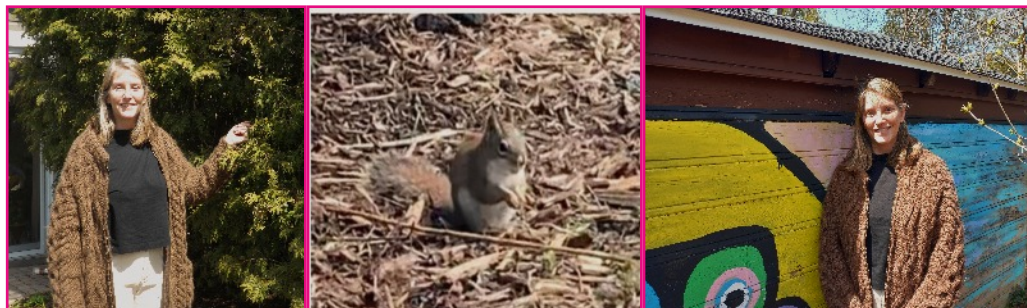
medical devices are made. "This fund is to support local businesses to further enhance Ontario's domestic supply chain capacity," said MPP Christine Hogarth. "Companies like IPOC are crucial in providing Ontario with much-needed COVID testing and other critical supplies." IPOC president Garth Styba said the firm has grown from 14 employees to more than 100. Co-founder Pino Iannetti said "we adapted

Long Branch petition to save squirrels and birds

A Long Branch activist has started a petition calling on a City committee to halt construction of a new 'monster home,' which she says endangers rare red squirrels and migratory birds.

Laura Therrien, of Villa Road, has been alerting online friends and area residents to what she says is a 'monster home' being built next to hers. More than 5,000 concerned residents have signed a petition calling for the protection of wildlife from huge homes being built in the Long Branch area. Therrien said the home is inches from a treed borderline that is home to endangered red squirrels and migratory birds that nest in the bushes.

"After 22 years of fostering and conserving on my lot, a new development is now threatening to destroy an endangered species habitat and protected migratory nesting habitat," she complained.



MORE THAN 5,000 PEOPLE have signed an online petition by Laura Therrien (above) to protect what she says is a Heritage Site from a monster home being built that she claims will endanger rare red squirrels and migratory birds. Photos by Tom Godfrey.

She said nine Eastern White Cedar trees grow on the fence line and provide shelter, food and nests for the birds. "We have endangered red squirrels and migratory birds nesting now and we urgently need your help," Therrien pleaded. "We will document and show everyone what these monster homes are doing to our community and its eco-system."

She said the homes do not solve our housing crisis or create affordable housing. Therrien describes herself as a member of the Metis Nation of Ontario, with ancestral connections to the historic Métis community of Drummond Island. The petition is requesting the committee deny the application to build a section of the home at a hearing set for May 5. Bill

Zufelt, of the History and Cultural Committee of Long Branch Neighborhood Association, said intrusive and intensive adjacent excavation (from constructing a new home) will harm and even kill the delicate rooting ecosystem of the Eastern White Cedars. "There are plenty of other environmental planning options to be explored that would not harm the boreal woodlot and its natural habitants," Zufelt said. "This may be a ground-breaking case with far more at stake than just saving the trees, harvest grounds and habitat wildlife," Zufelt said. "The fact that Therrien has legal Indigenous status with the Metis Nations of Ontario and Canada is huge." "If we the community can muster enough support for her cause, it will also be a compassionate act of reconciliation." The petition can be found online.

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May is Polish Heritage Month in Ontario



Hunt for delivery crooks



SECURITY PHOTOS of two alleged pizza delivery men (top, bottom) who stole a large amount of cash from victim at this condo.

vision. One “was granted access to a condo to deliver the pizza.” “He entered a unit and removed a large quantity of cash from a safe,” detectives said.

Police suspect the thieves may have had access to inside information about the large stash of cash. The men sped off in the Land Rover.

Police have released photos from security cameras of the suspects.

The driver is described as 5'10", 190 lbs., clean shaven with black hair. He was wearing a black mask, red hooded sweater, grey sweat pants, white socks and sandals. He was speaking on a cell phone, wore black gloves and holding a pizza box.

The passenger was described as 5'9", 200 pounds, unshaven with black hair. He was wearing a blue surgical mask, yellow hooded sweater, black sweat pants with a red stripe on the side, and black running shoes. Anyone with information is asked to contact police at 416-808-2200, Crime Stoppers anonymously at 416-222-TIPS (8477), or at www.222tips.com.

This theft is like a scene from a movie and many call it the Humber Bay Shores Pizza Delivery Heist. Toronto Police are still on the hunt for two pie-loving suspects and a vehicle that were involved in the brazen robbery of a large sum of cash from a condo at Humber Bay Shores.

Officers did not reveal how much cash was stolen other than to say “it was a large amount.”

Police say on March 30 about 9:40 a.m., two men arrived at a condo building in the Park Lawn Road and Lake Shore Blvd. W. area. They entered the property in a green Land Rover Defender SUV, with no front licence plates, police said.

“Both suspects entered the lobby area and one suspect pretended to be a pizza delivery person,” according to a release from 22 Di-



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Candidates seeking our vote on June 2 election



INCUMBENT PC Christine Hogarth

High school teacher Farheen Alim decided to run for the Ontario New Democrats after disagreeing with the direction the province is going. If elected on June 2 as MPP of Etobicoke Lake-shore, the English

as a Second Language teacher hopes to secure more funding for Ontario schools and increase affordable housing in the community.

Alim opened her constituency office in Mimico at 5491 Lake Shore Blvd. W. on April 9 and it was attended by supporters and well-wishers.



DR. IRA Bernstein

“As a school teacher I care about our schools and the future of our children,” Alim said. “I will be an advocate for our public school system.” She plans to provide “financial support to first-time home buyers and renters who need it the most.” The party also plans to close loopholes driving renovations and strengthen rent control.

“Farheen is the only candidate in Etobicoke-Lakeshore positioned to stop the Conservatives,”



LIBERAL Lee Fairclough

her pamphlet boasts. She faces an uphill fight against incumbent PC MPP Christine Hogarth, who has held the riding four years, and has name recognition. Hogarth is active in the community and can be seen at many local events.

Also running is Liberal Lee Fairclough, a 22-year Etobicoke resident, who was nominated as the Ontario Liberal Party (OLP) candidate.

“As a hospital president, Lee saw the Ford Conservative failures in health care first-hand. She’s running to make sure those mistakes never happen again,” said OLP leader Steven Del Duca. Fairclough has served as President of St. Mary’s Hospital since January 2020, leading the hospital through the COVID-19 pandemic.

She is an Adjunct Professor in Health Policy at the University of Toronto, where she earned a Master of Health Science in Health Policy, Management and Evaluation. Fairclough started her career providing cancer treatment to patients at Princess Margaret Hospital as a Medical Radiation Technologist Therapist (MRT(T)).

“I am thrilled to be the Ontario Liberal Candidate for my home community in the next provincial election,” said Fairclough. “Doug Ford’s Conservatives’ approach to

this pandemic has left many of us very concerned, including about the erosion of the public health system in favour of privatization.”

Other candidates include: Thomas Yanuziello, of the Green Party and Dr. Ira Bernstein, of the Ontario Party. Yanuziello is an autonomous vehicle operator and is directly involved in driving the future of Ontario’s electric commercial vehicle industry. He foresees a Green Ontario.



NDP FARHEEN Ali has campaign office in Mimico.



THOMAS Yanuziello of Green

Naudziunas, of None of the Above Party (NOTA) and Mary Markovic, of New Blue Party of Ontario.

Bernstein is family practice division head, mental health, at Humber River Hospital, and a member of the family practice executive committee.

Others vying for the lakefront working-class riding include Vitas

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What's Inside

- REGIMENT visits Vimy . Page 4
- WE WIN AWARDS .. Page 5
- ROYAL BISTRO - FOOD ... Page 8
- TASTY MR. BURGERS .. Page 8
- FROM THE BENCH .. Page 12
- THINGS TO DO .. Page 14

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Emotional return by Scottish Regiment to Vimy



By Timothy J. Stewart C.D.,
Piper, Historian and Curator
The Toronto Scottish Regiment

TIM RETURNS TO VIMY RIDGE, FRANCE –

It was an emotional benchmark as some members of the Toronto Scottish Regiment returned to Vimy Ridge to pay their respect to thousands of colleagues who were killed some 105-years ago. Saturday April 9, 1917 was a windy, blustery day at Vimy Ridge in northern France. Being the 105th anniversary of the Canadian Corps assault on the ridge, an emotional ceremony took place to mark the event. It was an unforgettable experience for the contingent of officers and soldiers of the Toronto Scottish Regiment who participated, especially for pipers Andrew Bennett and Tim Stewart, who led the Colour (Flag) Party of Canadian Armed Forces personnel from Ramstein Air Base in Germany.

For the length of the ceremony, they stood at the base of Canadian Walter Allward's magnificent, sculpted monument that bears the names of 11,285 Canadians who were killed in France and sadly have no known grave. Standing and looking out over the Douai Plain with the town of Lens in the distance, one could clearly understand why this feature was such an important objective. For two years prior to the assault, both French and British armies had tried in vain and at great cost to capture this ridge.



THE CANADIAN and French flags fly in front of the Vimy Memorial, in France.

It then fell to the Canadians. In the pre-dawn hours, more than 1,000 Allied heavy guns swung into action. The noise would have been deafening as the assault troops "leaned against the barrage" for protection as they rushed forward into the maelstrom. Then, the stutter of machine-guns, grenades exploding, and ear-piercing cries would have filled the air; those sounds long gone today being replaced with the sounds of remembrance – musicians, singing voices and oral recollections – honouring the service and sacrifice of that generation of young Canadians. A day earlier, Madame Helen Vari, Honorary Colonel of the Toronto Scottish Regiment, in a short, but moving ceremony, unveiled and dedicated the Vari Gate at the



MEMBERS OF THE Toronto Scottish Regiment (top and bottom) made an emotional return to Vimy Ridge 105 years after the deadly battle to pay their respect to the 11,285 brave Canadians who lost their lives there. Photos by Timothy J. Stewart.

entrance to Vimy Centennial Park adjacent to the Vimy monument.

This trip would not have been possible without the support of the George and Helen Vari Foundation and in particular Honorary Colonel Helen Vari. It was an emotional and touching experience for all.



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Lidia (right) with son, Giovanni, and Jane.

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The **South Etobicoke News** is a free, independent monthly newspaper that serves Humber Bay Shores, Mimico, Lake Shore Village, Long Branch and Alderwood areas.

We live in the community and cover local news, amateur sports, business and civic life while honouring those who gave so much of themselves so we can have the lives we enjoy today.

Please feel free to drop us a line if you would like to advertise your business or leave any comments, tips or news of upcoming events.

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Send us your e-mail address and we will send you a copy of the upcoming issue to your mailbox for free.

Kudos to the South Etobicoke News

Many area residents love our coverage of the community and are saying thanks. The South Etobicoke News is being presented with two awards by respected community groups for our coverage of neighbourhood issues and history.

The newspaper, which many people love, is being presented on June 22 with a LAMP Community Health Centre Annual Award of Merit for making a difference in the community.

We are also receiving an Award of Merit from the Etobicoke Historical Society (EHS), which has been on the forefront of documenting our area for many years. Neil Park, of the EHS, said Publisher Tom Godfrey was selected as a recipient of the Etobicoke Historical Society's Jean Hibbert Memorial Award for 2022.

"Every issue contains two or more articles celebrating a building, place, event or person important to the heritage of South Etobicoke," Park said. "Tom's writing and research is exemplary, providing readers with entertaining and informative histories



TOM GODFREY

about the communities where they live."

He said the newspaper's articles are openly available online, creating an accessible and important body of heritage knowledge. In addition, some 1,500 e-copies of the newspaper are sent out monthly for free to those with mobility or COVID issues.

The EHS presentation will take place on May 19 by Zoom.

LAMP official Jasmin Dooh said "LAMP Community Health Centre would like to take this opportunity to acknowledge your time and efforts towards making our city a healthy place to live."

"We would also like to let you know that you have been selected as a recipient of LAMP's Award of Merit 2022 for making a difference."

The awards ceremony will take place at LAMP, at 185 Fifth Street.

The South Etobicoke News has been publishing for almost four years. "These are our first awards of recognition that we will cherish," said Godfrey. "Our goal is to serve news and opinion that keeps our residents informed."

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Mimico's Royal Bistro for great food



FRONT-LINE MANAGER KATRINA (top, bottom) is always with there with a smile and good service at Royal Bistro. Photos by Tom Godfrey.

Long-time customers swear they receive noble treatment at the Royal Bistro in Mimico. Owner Kenneth Manvel arrived in Canada about eight years ago from Sri Lanka and got his first job working in a restaurant, which he loved.

Today Manvel has travelled the full circle and owns the popular restaurant, Royal Bistro, at 384 Royal York Road, near the iconic SaNRemo Bakery and beside Jimmy's Coffee.

The eatery is busy with regular customers who love the 'signature' all day breakfast, pasta, steak dishes, eggs Royale Benedict, big bite sandwiches, health break deal wraps and lots more in a five-page menu.

"Most of our customers live in the area and they support us," says Manvel. "We know them and they kept us going when COVID hit."

After purchasing the restaurant, he changed its name, added an assortment of dishes to the menu and opened longer hours. The changes worked since the clean and comfortable eatery gets busy with loyal customers dining in or ordering take-out.

"I always worked in places that specialized in serving breakfasts," he says. "I love different type of breakfasts and making my customers happy." Manvel learned the trade by working in a restaurant in a golf course and other eateries.

"I always worked as a chef and wanted to work for myself," he explains. "I had a friend here in Etobicoke and a business opportunity came up."

He says all the hard work and long hours seems to be paying off.

"I like Etobicoke and that I opened up here," Manvel explains. "I like the people who are very supportive and it is a quiet place."

Katrina, a front-line manager, says customers have started to return to dining in with the virus fading.



KATRINA with plates of food outside the Royal Bistro, on Royal York Road, an area favourite.

"I am still here and I can still remember all their names and what they like to eat," she smiles. "Our customers know they get the Royal treatment here."

The food, as the locals know, is excellent and the portions are large.

Royal Bistro can be reached for orders at 647-351-7890 or visit them at www.RoyalBistro.ca

Maple Leaf Burgers



CHEF LOBSANG Phende and his burgers. Staff photos.

Chef Lobsang Phende is the pleasant owner of a brand new Maple Leaf Burger spot which prides itself as being "locally flavoured."

The restaurant at 529 Evans Avenue, near Brown's Line, has only been open for just over two months and already it has gained a following of those who appreciate a tasty homemade hamburger, in which all the ingredients are locally sourced.

"Everything from the buns to the meat comes from right here in Etobicoke," Phende says proudly. "It is all sourced from people in the community."

The dine-in and takeout facility may be small but it serves a delicious burger, which is juicy, fresh, tasty and hits the spot. It fills you up for hours.

Phende was born in Tibet and grew up in India before coming to Canada in 2014. He ended up in South Etobicoke, an area he has grown to love.

"I live here and I love it here," the chef says. "I like the people and they have been supportive of the restaurant."

He has more than 15 years of experience cooking various style of dishes for major restaurants but "always dreamed of opening a restaurant and cooking for people."

His eatery offers a dish for everyone and includes chicken burger, called The Flying Bird. Also served are chicken wings, vegan dishes, grass fed ribs and rib eye steak.

"People love our food and we have many five-star ratings online," Phende explains. "I cook with passion and with my heart in all my dishes."

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Big changes to traffic & roads coming to Humber Bay



BASE OF 59-STOREY condo (top) that is proposed to replace the iconic Esso Gas Station (below) built in the 1940s. Courtesy photos.

Huge traffic changes to current roadways are being considered for the busy and heavily-congested Humber Bay Shores area.

The Lake Shore Blvd. W. and Park Lawn Road area is already a white-knuckle intersection for motorists as most South Etobicoke residents know.

Members of the City's Infrastructure & Environment Committee on April 26 considered a Final Report on the Park Lawn Lake Shore Transportation Master Plan (TMP) that will change the lives of residents if approved.



The TMP, a result of years of study by traffic engineers and community consultation, will be voted on by full City Council on May 11. Public comments are being accepted and can be emailed to iecc@toronto.ca. The TMP comes as plans are underway to demolish an old Esso

Service Station, from the 1940s, at the south-eastern corner of the intersection, to construct a 59-storey condo tower; and later this year the beginning of construction of as many as 15 hi-rises on the former Mr. Christie site.

The plan takes into consideration traffic from a planned Park

Lawn GO Station, TTC hub, a dedicated streetcar connection and as many as four local streets being added to the development.

The well-travelled Park Lawn Road is proposed to become a "neighbourhood main street," with two traffic lanes, instead of four. It will have one-way cycle tracks from Lake Shore Blvd. W., to The Queensway; wider sidewalks and other 'public realm improvements.'

Park Lawn south of the rail corridor will be designed for 'dedicated curbside lay-by for TTC bus stops near the proposed GO station on the Mr. Christie site,' according to the TMP.

Lake Shore Blvd. W. is proposed to have a new dedicated TTC streetcar right-of-way in the centre of the street. It will have four vehicle traffic lanes, upgraded uni-directional cycle tracks and wider sidewalks.

There will also be several new traffic signals installed on Lake Shore Boulevard W., between Park Lawn Road and Brooker's Lane. And a two-lane North-South Street, built to connect Lake Shore and The Queensway; provide streetcar access into the Christie's development; help provide safe pedestrian and cycling crossing to the lake.

The North-South Street will help frustrated motorists enter and exit modified lanes to the Gardiner Expressway, according to the proposal. If approved by Council, there will be an extension of Legion Road to connect Lake Shore Blvd. W., and The Queensway, which is currently set for road reconstruction, adding cycling lanes and watermain work starting next year.



CONDO TOWERS waiting to be built on the former Mr. Christie site. Construction work is slated to begin this year.



ONE MAIN INTERSECTION at Park Lawn Road and Lake Shore Blvd. W. will maintain traffic flow when another 15 hi-rises start getting build (top) on the former Mr. Christie site this year. Courtesy photo.

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Bey First Lady of Blues graces a postal stamp

Canada's first Lady of Blues was honoured with a commemorative stamp from Canada Post.

The late Toronto resident Salome Bey will join world-renowned pianist Oscar Peterson, Gordon Lightfoot, Buffy Sainte-Marie and others whose lives have been celebrated on a Canadian stamp.

Other Canadian artists previously honoured with commemorative stamps include Rush, Leonard Cohen, Stan Rogers, Paul Anka, Joni Mitchell, Anne Murray, the



LATE TORONTO Blues singer Salome Bey (top, bottom) graces a Canada Post postage stamp (right). Courtesy photos.

Guess Who, the Tragically Hip and Beau Domage.

Bey was born in Newark, N.J., before moving to a music-rich Toronto in the 1960s.

She was a singer-songwriter, composer, producer, director and actor, a Grammy nominee, a Dora Award winner and an honorary member of the Order of Canada.

Canada Post revealed the stamp in a ceremony at Meridian Hall on April 21.

Special guests included Bey's daughters, SATE and TuKu.

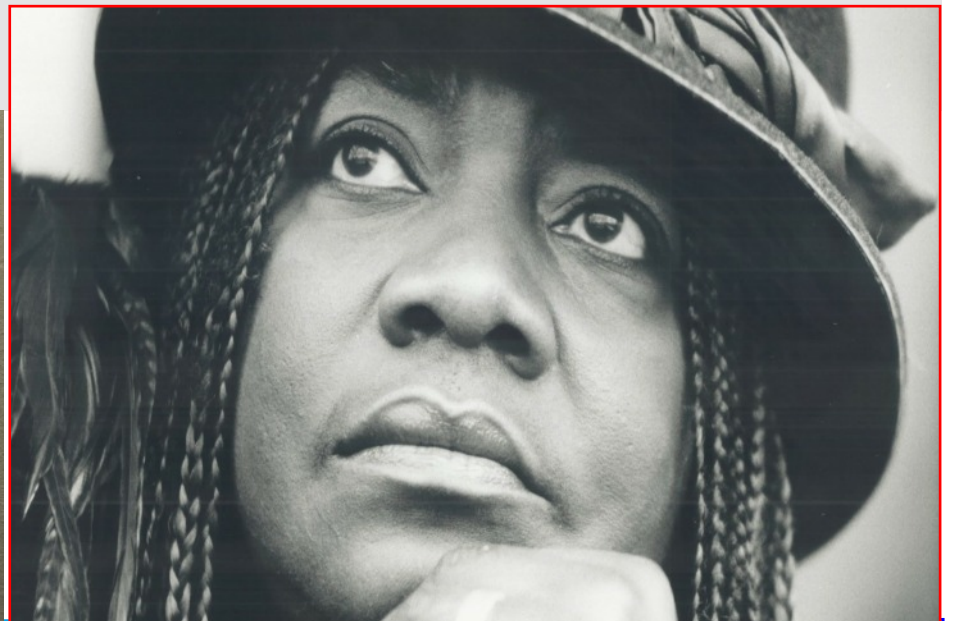
The stamp will coincide with a re-issue of Bey's self-titled debut album, initially released in 1970 via Quality Records.

Bey loved Toronto and together with her husband ran a

successful soul food restaurant on King St. E. for many years.

Bey early on distinguished herself as a multi-talented actress, playwright and director of musicals who opened

doors for other Black artists in Canadian theatre. The mother of two was an outspoken advocate of gender equality and a member of the Canadian charity Artists Against Racism.



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In the Community

By TOM GODFREY



CANADIAN TROOPS arriving in Poland to help refugees destined here. Military photo.

Many churches in our community are collecting funds and other items to help hard-hit Ukrainian refugees who are restarting their lives in Canada. More than 150 Canadian soldiers have been in Poland for more than a month helping to process those selected for Canada, who are among the millions of Ukrainians who are seeking safety in that country. The Canadian troops are stationed in camps trying to

help the fleeing Ukrainians. Members of the Ukrainian community in Etobicoke and elsewhere are making plans to help and resettle their country's people men as they arrive. Some South Etobicoke congregations are being encouraged to donate to show their support for the refugees, many who arrive here with their belongings in one hand. The congregation of St. Ambrose Catholic Church, on Brown's Line, is being encouraged to give what they can to help those fleeing for their lives. "All the funds collected will go to help the refugees from Ukraine," parishioners were told. "It is totally your choice if you want to give or not." More than 6,000 Ukrainians have arrived in Canada since January as refugees. Many are sponsored by churches and families in the community. They will be allowed to work or attend school and apply for a two-year extension, officials said. "We aim to have the extended pathway open for applications in two weeks and in the interim, we continue to encourage Ukrainians to apply through all programs, and their applications will be prioritized," according to federal immigration officials. Immigration and Resettlement officials are working on a special family reunification sponsorship pathway for permanent residence to give people hope for a future. "We will provide safe haven to those who fled to protect themselves and their families," said Immigration minister Sean Fraser. "Canadians stand with Ukrainians in their time of need and we will welcome them with open arms."

To meet the anticipated needs of the expected influx of refugee children fleeing Ukraine, the Toronto Catholic District School Board's Angel Foundation, Loretto Fund plans to increase its annual budget from \$5,000 to \$50,000. The fund, founded by Sr. Evanne Hunter of the Loretto Sisters, was intended to assist refugee and newcomer families to acclimatize to life in Canada. It provides financial assistance to help with everything from basic needs, nutrition, accommodations, leadership activity fees, school uniforms and more.

Toronto is a city built on newcomers and refugees, with people from more than 140 countries living here. So, a great big welcome to the traumatized and weary Ukrainians.

Tom Godfrey is Publisher of The South Etobicoke News, who lives in the community. He was a reporter at the Toronto Sun for many years before deciding to use his skills to work in community journalism.

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Your Health

By MONIKA MEULMAN

Express yourself the way nature intended. As I write this on a warm and sunny Sunday afternoon, I watch a bunny rabbit, at ease, in our neighbour's yard. The rabbit is chomping away on some freshly growing grass. There's no better sign of spring than that, is there? It's a perfect example of our healing teaching for May: true expression and communication, it's everywhere.

Nature expresses herself so beautifully. She presents us with naturally unfolding experiences underfoot and all around.

Each moment in nature, we can observe and see how to be in our element, in our 'home', in our truth.

Can you express yourself so freely? Are you living in your truth and speaking what's in your heart the way nature does?

Do you allow yourself to grow, expand and share your feelings, and express your thoughts as nature grows new shoots on pine trees and rabbits build their burrows? (Aside: did you know a group of burrows are called a warren? Warren is a word that comes to us from about the 14th century and refers to enclosed land, protection and keeping safe!)

We are of this earth and of nature, yet we usually choose to live in a way that separates us from earth completely. I invite you to seek refuge and safety in nature. Go be immersed in nature. Allow her to help you be true to you. This month, step in to your truth. Allow your voice to be clear and true. What does that mean?

It means that you honour and express your needs verbally, needs such as: I need more sleep, I need social time with friends, it is time for me to look for a new job, or I need a new place to live. It may even mean that you share how you feel more directly with your friends and family.

Sometimes that can be scary. True. This is precisely why we turn to nature to remind us to share where it is safe to do so. Just as the rabbits build their burrow (and eat grass in quiet neighbour's yards!) and group together in a warren, so you are guided to grow closer to those that share your interests, experiences or zest for living. Many refer to this as building or finding their 'tribe'. When we seek or build our home and a warren (community and social safety zone), we can step into our truth more readily. I encourage you to embrace this way of living in the month of May because it's a month full of energy, warmth, and the environment supports growth in every way. May is a time of year where we celebrate the full splendour of spring. Abundance surrounds us. Let's connect this to our healing theme from April (our heart blooming love) by acknowledging that speaking from our heart always brings out the truth in us. Embracing our heart,

opening and blooming like the flowers of April, it is easier to share the truth of who we are with ourselves and our friends and loved ones.

Would you agree?

How can you express your truth without hurting or offending others? Is it possible? Yes. It is. It does take introspection and practice. Here are some tips from nature as our guide to speaking with integrity, sharing our heart's truth and communicating with clarity.

Do listen as much as you can and wait to respond. Take time. Do allow yourself to absorb what is being said to you before jumping in with a reply. Nature does not rush. Nature follows a gentle pace. Note that whenever we encounter excess energy in nature it is usually in the form of storms, floods, hurricanes, avalanches and so on. Thus, when your words are measured, tempered, thoughtful, intentionally clear, they resonate a greater warmth and empathy that is better received that quick replies and bursts of verbal armour.

Do speak with clear intention and empathy at your core. That means your heart stays open to you and your needs. That invites words that are genuinely caring, considerate and concerned for everyone involved not just yourself. We know that everything in nature is connected. When a tree grows, the roots take up nutrients and alter the soil. The micro-organisms feed the roots by breaking down debris and creating a continuous supply of 'food' for everything around them. The same applies to our conversations. The same applies to all our relationships. Each word, each conversation creates and connects us to people in our lives. None of these are individual. They thread throughout our heart space and our lives and often keep running through our heads too.

If you get stuck and your truth is hard to share. Or you don't believe. Or, you don't trust this way, yet. Got sit in nature. Watch her in action. She speaks truth eloquently. Observe and learn. She can teach you how. An ancient quote to guide us all this month: Three Precepts

If your speech will not benefit others, do not speak
If your heart's thoughts will not benefit others, do not think.

If your footsteps will not benefit others, do not walk. Gaofeng Yuanmiao (1238-1295).

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From the Bench

By Retired JUDGE LLOYD BUDZINSKI

I am back from seeing the grandkids, in New York.

I still think of Teddy and my conversation one night about old times and how my and his conception of 'old' varied so much.

What he calls old is in the context of his father's life: Twisted Sister, a Sony Walkman, a Vic 20, and games like "Pong" or "Space Invaders" were part of that world. By Teddy's clock my old times were ancient...it might as well have been about Knights and Dragons. Remember, Man walking on the moon was the reality of my dreams, to them it was a story of the past, decades ago. Life and time are so relative.

When Teddy asked about the old times, I thought of my parents and their stories of the war and pre-wartimes. It was about the Great Depression that began in 1929, food rationing, the great flu and the Polish Cavalry.

I have a picture of my Dad, age 18, atop a stallion with sword in hand. These were my old times. My early years became my son's old times, so the progression goes.

I was born just before War's end on a small two-acre plot of land, we called a farm, on Haig Boulevard on the lakefront near Dixie Road, before the 1951-1953 Korean War.

If you follow the footpath through the trees on the west side of Etobicoke Creek you can still see the rotting wood walls the soldiers used for conditioning. At age four, we moved to Long Branch.

I remember lying on the floor playing with my dinky toys as my Mom knitted and my Dad listened to radio shows like the Shadow, Lone Ranger, Gang Busters, and of course, Foster Hewett's Hockey. The news ended with a tally of the number of North Korean Migs the Americans downed.

As I got older it was my job to check if the furnace needed more coal. Long Branch had three blocks of a vibrant community, from Knaggs Pharmacy to the east and Loutitts Pharmacy to the west. In between was Caulfield's Dairy, Loblaw's, Woolworth's, several shoe and dress shops and later my parents' restaurant, The Boulevard Fish and Chips.

At the base of 33rd street was the old Long Branch Resort Hotel with an open-air Dance Pavilion where local merchants held an annual Halloween costume contest.

Once, my mom dyed a sheet brown, made pants and a large hood. She sewed fresh leaves to the hood, became a tree, placed second and won a red metal fire truck. Long Branch started a cottage country.

My wife's father recalled taking the Long Branch streetcar from the city to their cottage near the hotel.

My early memories include horse drawn milk carts with the horse eating oats from bags strapped to their heads, ice trucks that we chased for spare chunks of ice cut from the blocks they were delivering to our ice boxes. We went to the drive-in at Highway 27 and Dixon Road and the four movie theatres along Lake Shore Blvd. W: The Royal, The Capital and The Biltmore with its balcony. There was one more theatre in New Toronto that we seldom attended – the name escapes me. We called it the 'Scratch and Itch' because you might catch fleas there. You could 'rock'-n- roll' to Robbie Lane and his Disciples at the Metropolitan in New Toronto or roller skate at the 'Mimicombo' in Mimico. Going shopping downtown was taking the street car to New Toronto. Friday nights, if you were lucky to have a friend with a car, was driving up and down Lake Shore Blvd. W., looking for girls to ask for a date – American Graffiti style. This was my time.

Although I am a big city person, Long Branch and Lakeview gave me small town roots for which I am thankful. It paid off in my career.

I was doing a murder trial in Haileybury, northern Ontario. The defense counsel kept referring to me as 'that lawyer from Toronto, attempting to alienate me from a rural jury. Finally, I had enough.

I stood, looked at the jury, smiled and said, "My friend is correct, my work is in Toronto, but I am far from a city boy. On our farm in Lakeview, my parents raised chickens, ducks and grew garlic." They smiled. I sat down. It was true.

The jury found the defendant guilty after three hours of deliberation. It was fast, faster than my normal experiences. I believe the abundance of evidence, an honest farm boy lawyer and the fact that moose hunting season ended in three days, led to their efficiency.

Judge Lloyd Budzinski retired after 28 years and was a former Crown Attorney, Defence Counsel and Ontario's Assistant Deputy Minister of Criminal Law. He was Chief Prosecutor in the trial of ex-RCMP officer Patrick Michael Kelly, found guilty of murder for throwing his wife from a 17th floor balcony in March 1981. He can be reached at lbudzinski@talkjustice.info



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MAY 7 & JUNE 10 THE SNYP TRUCK will be at LAMP CHC, 185 Fifth Street, from 9 a.m. to 4 p.m. to help your pets. Call 416-338-6281 or visit www.toronto.ca

MAY 7 ETOBICOKE CENTENNIAL CHOIR long-awaited live performance of Easter Hymn from Cavalleria Rusticana in tribute of the late Father Edward Jackman at 7:30 p.m. at the Humber Valley United Church, at 76 Anglesey Blvd. Tickets \$30 and kids under 12 free available at www.etobicokecentennialchoir.ca or phone 416-779-2258. New singers are welcome.

MAY 8 PLANT EXCHANGE by Lakeshore Environmental Gardening Society where you can bring a plant and take home a plant at The Assembly Hall from 9 a.m. to 12 p.m. For more information visit legsetobicoke.ca

MAY 14 GIANT ANNUAL PLANT SALE by the Etobicoke Horticultural Society from 9 a.m. to 12 noon rain or shine in the parking lot of the Fairfield Seniors Centre, 80 Lothian Road. You will find a large selection of perennials, native and pollinator plants, herbs, annuals, garden accessories and tools. For more info visit www.etobicokehort.com

MAY 14 WARD 2 EMERGING young artists competition 2022 at Etobicoke Civic Centre Art Gallery, at 399 The West Mall, Opening reception and silent bid at 2 p.m. The exhibition features emerging talent in our community. Proceeds from the silent auction to support those affected by the war in Ukraine. Exhibition runs from May 1 to May 19. For more call 416-394-8628.

MAY 16 to 19 THE GATEHOUSE Transforming Trauma Conference bringing together survivors, professionals, advocates and practitioners who support survivors of trauma. Register at TheGatehouse.org-conference-22.

MAY 21 OUTDOOR SPRING MARKET from 11 a.m. to 2 p.m. at Franklin Horner Community Centre, 432 Horner Ave., for second-annual market with a wide range of vendors, artisans, fudge table, BBQ lunch and live music. For more info call 416-252-6822.

FREE EMERGENCY FOOD TAKEOUT MEALS offered Monday to Wednesday from 9:30 a.m. to 11:30 a.m. through LAMP's adult drop-in program. Thursday harm reduction supports from 9:30 a.m. to 11:30 a.m.

COMMUNITY SUPPORT CENTRE operating from St. Margaret's Church on Saturdays from 11 a.m. to 3 p.m. Meals, snacks, washrooms, showers, and laundry available for folks who are unhoused.

EVERY THURSDAY The Good Food Market from 12 to 4 p.m. at Stonegate CHC at 10 Neighbourhood Lane for affordable produce, outdoor market and bring your own bags. COVID-19 protocols are in place. For more call 416-231-7070 ext 307.

SUMMER YOUTH JOB CONNECTION for students aged 15 to 18 to obtain 20-hours of paid pre-employment training, free certification, training and work-related supports. Must be eligible to work in Ontario and be ready and willing to work during COVID-19, March Break and Summer 2022. Contact Sheroni at 416-405-5259 or email schristian@woodgreen.org

HELP WITH TAXES LAMP Community Health Centre is providing a free income tax clinic for area residents. You can book an appointment to meet the tax clinic worker to help you file your taxes or you can drop off your documents at the office screening desk. For more information or to book an appointment call 416-252-9701 ext. 208 and 281.

MAY 31 HEAR AUTHOR SHEILA HETI as By The Lake Book Club returns for its 14th season at Assembly Hall as writers share in-depth and engaging insights into their latest books. Author Antonio Michael Downing will talk about his novel *Saga Boy* on September 20; Linda Rui Feng will feature her book *Swimming Back to Trout River* on October 18; Nabeh Ruthnum will talk about *A Hero Of Our Time* on November 22 and Jesse Wenthe appears on De-

ember 6 to talk about *Unreconciled*. For tickets call 416-338-7255 or assemblyhall.ca

MUSIC & WELLNESS is a virtual music therapy group designed to use music to bring people together, improve connections and talk about things that are uplifting. Participants have the opportunity to discover more about themselves within a creative outlet of singing, music listening and encouragement. Wednesdays 11 a.m. to 12 noon on Zoom. To register contact norkyit@lampchc.org or 416 252 6471 ext. 257

CATCH MY BREATH RAY PROGRAM is a youth mental health program at LAMP for ages 14 - 21. The past two years have been hectic and we deserve to have a space where we can share how we're feeling and what we're thinking. Let's share a space to support and have one-on-one conversation with youth in the community. Every Monday 6 p.m. to 7:30 pm on Zoom. To register contact Isha Green youth@lampchc.org.

HEALTHY EATING IS GOOD - Have you been thinking of changing your eating habits? Then join our Healthy Eating workshops through the West Toronto Diabetes Education Program. From May 4, at 6 p.m., our experienced health care professionals will give you the information you need to achieve success. Call 416-252-1928 ext. 100.

HAVING A BABY? Etobicoke Pre and Post-Natal Dietician program on Zoom is being offered with agencies as LAMP, Toronto Public Health, Rexdale community Health Centre and other partners in a free health education and nutrition program with health professionals and food demos. One-to-one prenatal and post-natal support and discussions. Grocery cards and other supports as needed. For more info to register call 416-737-9874 or 416-898-1225 or Email martha.morales@rexdalechc.com.

VOLUNTEERS NEEDED at the Salvation Army Lakeshore Community Church, at 5 Thirtieth Street, on Mondays from 10 a.m. to 2 p.m., Wednesday from 8:30 a.m. to 10 p.m., and Thursday from 10 a.m. to 2 p.m. For more information or to sign up call 416-251-8372.



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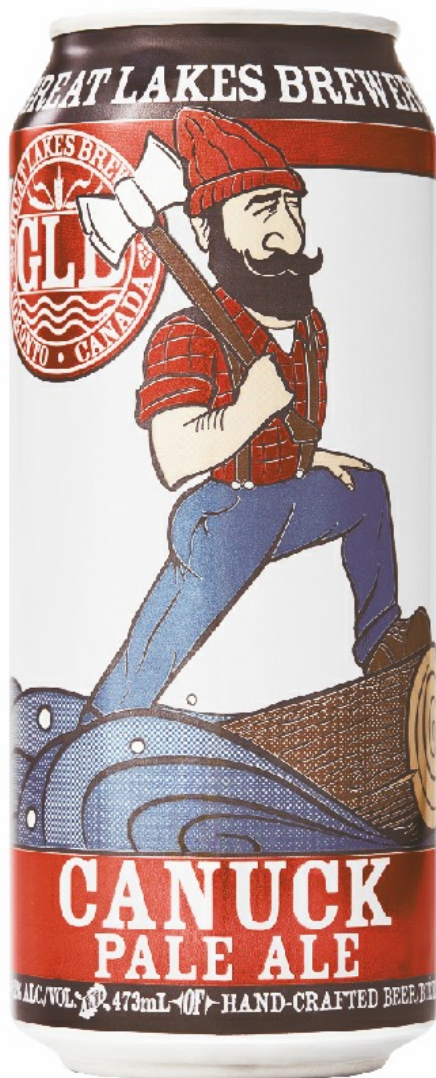
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